

## ABSTRACT OF THE DISCLOSURE

A video-on-demand (VOD) method and system for use with a computer connected to the Internet includes an Internet website. The website lists videos available for delivery from a content provider to a cable provider subscriber.

5 The subscriber uses the computer to select a video from the website. The cable provider receives the selected video from the content provider and then delivers the video to a television of the subscriber via the cable television network. The subscriber uses the computer to register an interest profile on the website. Information regarding the available videos is compared with the profile and an email

10 is then sent to the subscriber via the Internet. The email contains information regarding the available videos corresponding to the profile. The subscriber requests a video identified in the email for delivery from the content provider to the television via the cable television network.